

LONDON metro



Group Win • July 5 • Peterborough



\$50 MILLION WINNERS

TEE PARTY

U.S. GOLFER PHIL MICKELSON MAKES A DAZZLING SURGE FROM BEHIND TO WIN HIS FIRST BRITISH OPEN

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Motor City meltdown

Detroit faces a long road to recovery after filing for bankruptcy last week

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No longer lost in trans nation

For transgender young people in London, it's all about finding support

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Maybe music really is the food of love

New research suggests that music can benefit premature and other sick babies

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Forest City no more?

Urban canopy.

London's trees under threat, but Londoners can help stop the rot



MIKE DONACHIE

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The Forest City is being deforested — and that's official.

Ivan Listar, manager of urban forestry, is worried about the future of "the urban forest" at a crucial time for London.

"Right now we are removing more trees than we are planting," he said. "Right now the rate of removal is considerably higher because of the emerald ash borer."

Invasive species such as buckthorn are also playing their part, as is disease, the loss of trees due to infrastructure work and climate change.

The city now has 24.7 per

The value of trees

- A 2008 assessment showed there were 4.4 million trees within London's urban-growth boundary, effectively the area north of the 401.
- The benefits they bring, reducing pollution and power used for AC, are worth some \$4.5 million a year.
- Their "structural value," or the cost of replacing them, is \$1.6 billion.

cent "leaf cover" in total. In five years that is expected to be 22.9 per cent. Listar aims to turn that around. He and city staff are drawing up the Urban Forest Strategy, which will link with planning policies. Possible action includes tougher bylaws to protect trees on private land,

changes in planning policies and, simply, more money for tree-planting. There will also be a leaf-cover target.

"How fast we reach that target is going to be determined by the resources, funding and staff the city gets, but also the support we get from the residents of London," Listar said.

He wants people to protect and maintain trees on their property and, if they have ash trees, to get them checked soon. They could also stop "volcano mulching," where mulch is piled too high against trunks and causes them to rot.

There is also the much-vaunted Million Tree Challenge, to plant a million trees in 10 years, which is 10 per cent complete, and the city's tree-maintenance program.

Listar said: "In order for us to maintain our brand as the Forest City, we need the help of all our residents to protect the trees that we have to maintain them and to plant more trees."



HOLD THAT POSE

Hundreds of people took to their mats on Sunday for Yoga Shack Gives Back, to raise money to help sufferers of amyotrophic lateral sclerosis, known as Lou Gehrig's disease. Led by Yoga Shack owner Lisa Shackleton, some 300 participants joined the yoga class at Budweiser Gardens. MIKE DONACHIE/METRO

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On the 401

Driver charged in fatal crash

A driver is facing multiple charges after one of his passengers died in a road crash on the 401 near London.

There were five people in the Chevrolet Equinox SUV when it left the road and rolled in a ditch at about 8:33 p.m. Saturday, east of Colonel Talbot Road.

The SUV was travelling eastbound when the driver lost control, police said.

One occupant had a minor injury but the other died in hospital.

The driver of the vehicle was arrested at the scene.

James Lugela, 25, has been charged with impaired operation of a motor vehicle causing death and bodily harm and failure to provide a breath sample. **MIKE DONACHIE/METRO**

TD Canada Trust

Cops investigate bank robbery

London police are investigating a midday bank robbery that occurred shortly after 1 p.m. Friday at the TD Canada Trust on Ernest Avenue.

Const. Ken Steeves said no one was hurt and no weapon was seen during the incident.

The suspect is briefly described as a man with black hair and an unshaven face.

SCOTT TAYLOR/METRO

Alleged recording

Charges laid in cybercrime case

London Police have laid several cybercrime charges after a long investigation into a May 30 complaint that a woman had been secretly recorded downtown.

Jason Pynn, 31, was arrested and charged with secretly recording for a sexual purpose and uttering threats of death.

After seizing devices from Pynn, he was further charged with six counts of secretly recording a person for sexual purpose and criminal harassment by threatening conduct.

London Police Service is a member of the Provincial strategy to protect children from sexual abuse and exploitation on the Internet.

SCOTT TAYLOR/METRO



Clockwise from left: Volunteer Crystal Chiasson, organizer Kevin McKibbin, musician Blake William Patrick, and, with daughter Marlee, 2, hip hop artist Casper. They are part of a group trying to bring art out onto the city's streets. **MIKE DONACHIE/METRO**

Art takes to the streets of London

Jam-packed. Sidewalk art, buskers and more planned for Old East events



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There's a London community that's taking the idea of street arts very seriously. In fact, the people there are taking it literally.

In Old East — and specifically the third block east of Adelaide — the Creative Sidewalk project will bring together music and creative visual arts right onto the

streets.

They really do mean the street. One of the projects will involve asking people to "leave their mark" in chalk, said Kevin McKibbin, while buskers play around them. The idea is to turn the sidewalks into art spaces, all along the block.

"We're trying to showcase some of the people who are the great musicians in this city," said McKibbin who, with Old East Studios colleague Pam Dopp, is a leading organizer of the event.

"What we're trying to do is mesh performers who are from outside our community with those from inside it, and allow everybody else to come in and busk and show their

Schedule

- The Creative Sidewalk starts Wednesday and will continue weekly with different acts, between 5 p.m. and 9 p.m.
- The idea is to be family friendly, including the live acts. Look for it on Dundas Street east of Adelaide, as far as Rectory Street.

art and crafts and whatever they want to bring down.

"We want to make a permanent culture of live music and art down here."

That's not a new thing,

adds Casper, a hip hop artist whose long list of awards includes being the current Ontario freestyle champion.

"Years ago, London was famous as a city that was constantly having live music outside. It was like our thing and people would come to London to hear that."

"Bringing it back is what we're doing."

Casper, who also performs with the band Treetop, is among the featured acts. Also involved is musician Blake William Patrick, who said: "I think London's an up-and-coming place for live acts."

"It's a place where things are really happening. It's a growing thing."



No one was hurt when this large tree fell onto two houses on Cathcart Street in London on Friday. **SCOTT TAYLOR/METRO**

Rotting on the inside. Tree slams into London homes

If a tree falls in a neighbourhood, does anyone hear it?

Oh, yeah, says the guy next door.

"I thought it was two cars colliding," said Rob Broley, who lives next door to 232 Cathcart St., where a large tree toppled over Friday afternoon. "It made a huge noise when it came down and all I could think of was, 'no way.'"

Though there was only a

mild wind when it fell, that was enough. On inspection, it appeared to be rotting from the inside out. Broley said he told the city a year ago that the tree was in bad shape, but nothing was done.

No one was hurt and there was only some damage to the roofs of 232 and 230 Cathcart St. because the tree fell almost between the two homes. **SCOTT TAYLOR/METRO**

'Gradations'. Organizers proud of Pride art show

Artistic contributors have a little extra to celebrate this week as Pride London continues.

Tuesday sees the launch of the 22nd annual Pride Art Exhibition, at the ARTS Project on Dundas Street.

The creations involved are part of what the organizers believe may be the longest continuous Pride event of any kind in the world, said Ben Benedict, who was curator of the event for 10 years. This year, with Gene Timpany taking the helm, Benedict is enjoying the chance to submit some work. He has two pieces in the show.

"We're very proud of what we've achieved with Pride, and I think the art show speaks significantly to that because art is neutral," Benedict said. "We're about struggles, gay, straight or otherwise."



One of the works on display is *Into The Light*, a mixed-media piece by Ben Benedict.
CONTRIBUTED

This year's theme is "Gradations," suggesting the shades of grey in people's attempts to define their sexuality.

"It's a variety," said Benedict. "Within the gay community there's been a lot of milestones made but there's still a struggle. There's still a battle for acceptable, for normalcy, for inclusion.... Being part of the gay community, part of it is there is such a variety within the gay community."

"It doesn't matter who you are — gay, lesbian, bisexual, transgender — somewhere out there there is that other half."

The Pride Art Exhibit opens at 7 p.m. Tuesday and its opening night continues until midnight at the ARTS Project, 251 Dundas Street. It is open for viewing until August 3. **METRO**

Support groups aplenty. Community network in focus during Pride

London is teeming with groups and projects that provide year-round support to the LGBT community.

Spreading the word about those organizations will be the focus during Pride Speakers Night from 5:30 to 7 p.m. Tuesday at The Arts Project (251 Dundas St.).

The event will feature the work of the Regional HIV/AIDS Connection, Pride at Work and the London HBT Working Group, which advocates against homophobia, biphobia and transphobia. **METRO**

Other groups offering help

- The Alphabet Community Centre, acclondon.ca
- Open Closet Youth Group, 519-434-1601
- Steel Butterflies Transgender Social/Support Group, transgenderlondon.com
- PrideWestern, pridewestern.ca
- Spectrum Fanshawe, spectrumfanshawe.ca

Want more pride?

- The Pride London Festival continues through Sunday. The festival will move outdoors, taking over Victoria Park, on Friday. The annual Pride parade is Sunday afternoon.
- For a full look at what's happening during the festival, click on over to pridelondon.ca, or check Metro daily for updates.

Strength in numbers

Pride London. Transgender student honoured for working to return the support he received

For James Connolly, the strength to move forward is found in community.

When the London native first came out as a transgender male in Grade 10, it took a while for his family to recognize that instead of a daughter, they have a son.

To get the support he needed, Connolly reached out to various community organizations.

Now, less than three years later, Connolly is being honoured by the community he's embraced, earning the Rainbow Youth Leadership Award for this year's Pride London Festival.

Part of the London Community Foundation, the youth award celebrates high school students who have come out at a young age and have made

significant contributions to the local LGBT community.

After having benefited from local transgender support groups, Connolly wanted to bring that same network down to the youth level. He was one of the original members of the Trans Youth London group and continues to promote acceptance through various gay-straight alliance projects.

"I tried to get involved whenever I could," Connolly said.

While Connolly watched the movements grow, he hoped that someone was watching him as well.

"At my high school, I was the first trans person to come out," said Connolly,

noting that most LGBT youths are successful in coming out only after they see someone else do it. "After I did come out I had a couple of friends who did it after me, and it helped them that there was someone who started that process in the school."

As Connolly graduates Sir Wilfrid Laurier Secondary School and heads to Conestoga College in the fall to study radio broadcasting, he plans to continue the momentum. The Rainbow Youth Leadership Award will put \$500 toward his tuition.

Connolly encourages others to join groups like Open Closet and Trans Youth London.

"Make sure you have that support behind you," he said. "Get out to those groups and build your community."

The Rainbow Youth Leadership Award will formally be presented on Saturday during a Pride London event at the Hilton hotel. **KEVIN HURREN/FOR METRO**



James Connolly, winner of this year's Rainbow Youth Leadership Award, is pictured during a recent LGBT event at London's Central library. Connolly has faced many challenges since coming out as a transgender man in Grade 10.
MIKE DONACHIE/METRO

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Summertime and the livin' is easy

Addie Annewman, 19, left, and Kyla Aguila, 18, were among the tens of thousands of people enjoying the Home County Music and Art Festival in Victoria Park. With inviting sounds, sights and smells everywhere, crowds filled the park for the celebration of folk music and culture. Performers included the Rizzdales, the Sadies, Sarah Harmer and dozens more. **MIKE DONACHIE/METRO**

More city cash slated to go to troubled organization

Board members under fire. Neighbourhood Watch London to receive next instalment of public money



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The city is planning to give Neighbourhood Watch London thousands of dollars despite the controversy that has dogged the organization.

Last month dozens of volunteers packed into a board meeting to direct criticism at board members, amid allegations the organization was not being run properly.

The claims centred on Neighbourhood Watch procedures, bylaws and paperwork but, with board members very clear that serious allegations would need to be backed up legally, none of the volunteers was willing to be specific.

Now the funding question is to return to a city committee, with councillors on the community and protective services committee to discuss it on Monday.

This year, the city budget

Funding breakdown

\$96,417

the annual total paid by the city to Neighbourhood Watch London

\$48,209

the amount already paid this year

\$24,104 x two

the payments still to be made

process included an agreement to support NWL with \$96,417, which is about the usual amount it receives for its work encouraging residents to keep their communities safe.

As is normal for non-profits funded by the city, an agreement sets out when instalments are paid. In the case of NWL, it reports to the city three times a year and, if those reports are in order, payments are made.

A report to the committee notes that 2013's first payment of \$48,209 has been made, adding: "The city has received and reviewed the required midyear financial report from NWL. Civic administration is satisfied with this

report and the information provided.

"The city is awaiting the outcomes report from NWL outlining the progress in the first six months including results, highlights and trends the organization is experiencing."

The city's options include stopping any funding to a non-profit but, in this case, city staff are recommending that councillors allow payments to NWL to continue.

However, the report, prepared by community development and funding manager Cheryl Smith, does note that staff will report back to a committee as more information comes in from NWL.

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North end. West Nile virus arrives in London

Mosquitoes found in a trap in north London have been confirmed as carriers of the dangerous West Nile virus.

Laboratory analysis of insects found near Fanshawe Park Road and Adelaide Street was done by Middlesex-London Health Unit's contractor, GDG Environment, who found this summer's first signs of the virus.

Most people who become infected with West Nile virus do not get sick. Those who do become ill usually experience mild flu-like symptoms,

while fewer than one per cent of people infected with the virus become seriously ill.

The health unit's advice to protect against the virus includes keeping screens in good condition, emptying standing water from garbage cans and other areas and wearing light-coloured clothes with long sleeves, pants and socks in areas where mosquitoes are present. Using an insect repellent that contains DEET is also advised.

METRO

More dead bodies to be found in Cleveland houses: Police

Serial murders.

Volunteers told to pay attention to strange smells and plastic bags after suspect arrested

Searchers rummaging through vacant houses in a neighbourhood where three bodies were found wrapped in plastic bags should be prepared to find one or two more victims, the police chief of a Cleveland suburb said Sunday.

Police Chief Ralph Spotts told the volunteers to brace themselves for the smell of rotting bodies and to look out for trash bags that might conceal a body. He declined to elaborate on his comments about the possible one or two additional victims.

When asked about Spotts' remark, East Cleveland Mayor Gary Norton said authorities

Copycat killer?

"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

have "lots of reasons" to suspect there are more victims, but he refused to say why.

A 35-year-old registered sex offender in custody is a suspect in the deaths, Norton said. The suspect, who was arrested Friday after a police standoff, has indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of killing 11 women and sentenced to death, Norton said.

"He said some things that led us to believe that in some way, shape or form, Sowell



East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

might be an influence," Norton told The Associated Press.

The man has not been charged.

A report of a foul odour emanating from a home led

police to the discovery of the first body, found in a garage, and to the suspect. Two other bodies were found Saturday — one in a backyard and the other in the basement of a

vacant house. The bodies, all female, were found about 100 to 200 metres apart, and authorities say the victims were killed in the last six to 10 days.

THE ASSOCIATED PRESS

Vanishing women

A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52, all were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

Crowds across the U.S. rally for Trayvon Martin



Jaquin Nelson, 6, wears a hooded sweatshirt during Sunday service in New Orleans as part of a "Hoody Sabbath," in reaction to a Florida jury's acquittal of George Zimmerman. GERALD HERBERT/THE ASSOCIATED PRESS

Crowds chanted "Justice! Justice!" as they rallied in dozens of U.S. cities Saturday, urging authorities to change self-defence laws and press federal civil rights charges against a former neighbourhood watch leader found not guilty in the shooting death of an unarmed black teenager.

The National Action Network, led by the Rev. Al Sharpton, a prominent civil rights activist, organized the "Justice for Trayvon" rallies and vigils on Saturday outside federal buildings in more than 100 cities one week after a jury acquitted George Zimmerman in the

February 2012 shooting death of 17-year-old Trayvon Martin in a gated central Florida community.

The case has become a flashpoint in separate but converging national debates over self-defence, guns, and race relations. Zimmerman, who successfully claimed that he was protecting himself when he shot Martin, identifies himself as Hispanic. Martin was black.

In New York, hundreds of people — including Martin's mother, Sybrina Fulton, and music superstars Jay-Z and Beyoncé — gathered in the heat.

THE ASSOCIATED PRESS

Stand-your-ground law

Despite an outcry from civil rights groups, a call for close examination by President Obama and even a 1960s-style sit-in at the Florida governor's office, the jury's verdict that George Zimmerman was justified in shooting an unarmed black teenager is unlikely to spur change to any of the stand-your-ground self-defence laws in U.S. states.

- At least 22 states have laws similar to that in Florida,

according to the National Conference of State Legislatures. Many are conservative and lean toward laws that defend gun owners' rights.

- There does not appear to be an appetite in Florida or other states to repeal or change the laws, which generally eliminate a person's duty to retreat in the face of a serious physical threat. In fact, some states are moving in the opposite direction.

Caucasus Mountains

Russian Muslims joining rebels in Syria: Official

The leader of a restive province in Russia's Caucasus Mountains says local Islamic militants are fighting alongside rebels in Syria and could further destabilize their home region when they return.

Ramazan Abdulatipov, the acting president of the province of Dagestan, said in remarks posted on his web-

site Sunday that the "export of extremists" should be prevented by making it hard for militants to leave Russia.

"These people go there and they will come back tomorrow with the backing of international extremist and terrorist organizations," Abdulatipov said during a meeting with local officials Friday.

Andrei Konin, the head of the regional branch of Russia's Federal Security Service, the main KGB successor agency, told the meeting that about 200 residents of Dagestan are currently in



Ramazan Abdulatipov, acting president of the province of Dagestan. THE ASSOCIATED PRESS FILE

Syria, and some of them are fighting alongside rebels.

THE ASSOCIATED PRESS

Rebel hotbed

Dagestan has become the epicentre of the Caucasus insurgency, with rebels mounting nearly daily attacks on police and other officials.

- One of the two ethnic Chechen brothers from Russia who are accused of staging the Boston Marathon bombings spent six months last year in Dagestan. Russian investigators have been trying to determine whether he had contact with local rebels.

Syria

Troops kill 20 civilians, nearly 50 rebels: Groups

Government troops fired mortar rounds that slammed into a main market in a town in northern Syria on Sunday, killing at least 20 civilians, activist groups said.

The mortar shells struck the town of Ariha, which is held mostly by opposition fighters, a few hours ahead of iftar, the meal that breaks the

dawn-to-dusk fast during the Muslim holy month of Ramadan.

The U.K.-based Syrian Observatory for Human Rights and the Local Coordination Committees, two opposition groups tracking the violence in Syria, said at least 20 people were killed including two children and two women. It was not immediately clear what triggered the shelling.

Also Sunday, state media said government forces killed nearly 50 rebels near Damascus. THE ASSOCIATED PRESS

The rise and fall of Detroit

Bankruptcy. Collapse of the auto industry tells only half the story

Blue-collar workers poured into the auto plants of Detroit for generations, confident that a sturdy back and strong work ethic would bring them a house, a car and economic security. It was a place where the American dream came true.

Manufacturing brought prosperity to big cities in states around the Great Lakes, and Detroit was the affluent capital.

But the good times would not last forever. Assembly line jobs dried up. The survivors of the decline, especially whites, fled the cities to pursue new dreams in the suburbs.

The "Arsenal of Democracy" that supplied the Allied victory

Forever lost

"I don't think it'll ever come back to the city it once was. The bankruptcy is not in itself a solution."

Kevin Boyle, a history professor at Northwestern University, who has written extensively about his hometown.

of the Second World War fell into a six-decade spiral of job losses, shrinking population and a plummeting tax base. Detroit's singular reliance on an auto industry and its long history of racial strife ultimately proved too much to overcome.

"Detroit is an extreme case of problems that have afflicted every major old industrial city in the U.S.," said Thomas Sugrue, author of *The Origins of the Urban Crisis: Race and Inequality in Postwar Detroit* and a history professor at the University of Pennsylvania.

All of the nation's industrial cities fell, but only Detroit hit bottom. Staggering under as much as \$20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in American history.

In 1950, Detroit's population peaked at more than 1.8 million. But by that time, Detroit's decline had begun.

The auto industry had started to expand beyond the city and eventually sought refuge from Detroit's powerful unions in other states and overseas. Between 1947 and 1963, Detroit lost 140,000 manufacturing jobs, said Sugrue. The hemorrhaging continued as Japan gobbled up more of the



An employee works at the General Motors Silverado and GMC Sierra plant in Flint, Mich. GM, Chrysler and Ford have all returned to full financial health, unlike Detroit itself, which has filed for bankruptcy. CARLOS OSORIO/THE ASSOCIATED PRESS

market.

Like Detroit, Pittsburgh was defined by a single industry. As steelmaking crumbled, the city's population dropped by more than 40 per cent between 1970 and 2006, according to a 2013 report from the U.S. Federal Reserve Bank of Cleveland.

But during those years, Pittsburgh also forged a new identity around health care and

technology. It retrained former steelworkers, invested in higher education and launched a controversial campaign to replace industrial brownfields with luxury homes, office buildings and parks.

Detroit's unravelling can't be blamed solely on the city's reliance on one industry. Some point to the city's political leadership.

"I think it was inevitable because the politicians in Detroit were always knocking the can forward, not confronting the issues, buying off public employees by increasing their pensions," said Daniel Okrent, who wrote a *Time* magazine story on his home city in 2009.

Racial strife also infected the city. Sugrue said some of the tensions surfaced long be-

After the white exodus

83%

Detroit's current population of roughly 700,000 is about 83 per cent black.

fore the infamous 1967 riots. Tens of thousands of blacks migrated to Detroit in the late 1940s and early 1950s, seeking jobs on the assembly line and a foothold in the middle class. And between 1945 and 1965, Sugrue says there were more than 200 racial incidents of whites attacking blacks — and almost all stemmed from black families moving into an all-white neighbourhood.

The migration of blacks into Detroit was followed by an exodus of white residents for the suburbs. The city's current population of roughly 700,000 is about 83 per cent black.

"The racial divisions between the city and the suburbs until very recently remained very hard and fast, creating an us vs. them mentality," Sugrue said.

"There's very little political will ... by suburbanites and other parts of the state to provide financial support."

THE ASSOCIATED PRESS

Nutrition experiments. Past sins used to support aboriginal-run education

Aboriginal leaders are pointing to past abuses as evidence that the federal government should let their communities craft their own education policies.

When news broke that more than 1,300 aboriginal people, mostly children, were used as subjects of nutritional experiments initiated by the Canadian government in the 1940s and '50s, it struck a chord with aboriginal leaders.

A statement from the Assembly of First Nations said such horrors would never have happened if aboriginal people were in control of their own communities.

News of the old abuses resurfaced as the national organization was meeting this week in Whitehorse, where members were discussing education reform.

Some lamented that federal policy-makers haven't learned key lessons of the past, as they prepare to present the First Nation Edu-

Total opposition

The AFN unanimously opposed the government's blueprint for allowing First Nations to establish their own education systems, saying it fails to:

- uphold the primary importance of First Nations languages and cultures, affirm First Nation control over First Nation education, apply the successful lessons learned by First Nations and address historical funding shortfalls

cation Act to Parliament this fall.

"The pattern in which the federal government has approached this (legislation) hasn't broken the pattern we are looking to break," Assembly of First Nations Chief Shawn Atleo said in an interview. THE CANADIAN PRESS

Green with envy. Farmers in U.S. want in on hemp

Some Vermont farmers want to plant hemp now that the state has a law setting up rules to grow the plant, a cousin of marijuana that's more suitable for making sandals than getting high.

But federal law forbids growing hemp without a permit, so farmers could be risking the farm if they decide to grow the plant that the Drug Enforcement Agency (DEA) basically considers marijuana.

Vote Hemp, a national

non-profit group, is pushing to change current law and move regulation of hemp from the DEA to the state.

Hemp has been grown in the U.S. in the past to make rope, fabric and even the paper used to draft the Declaration of Independence.

Now most hemp products in the U.S. are imported from Canada, China and Europe, and some farmers think the U.S. is missing out on a lucrative crop.

THE ASSOCIATED PRESS



Most hemp products in the U.S. are imported from Canada, China and Europe. HANDOUT/CANADIAN HEMP TRADE ALLIANCE/THE CANADIAN PRESS FILE

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne. But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's Dutch-speaking Flemings and Francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited actionplan.gc.ca, the site created to promote the brand. THE CANADIAN PRESS

Cabinet shuffle

Inuk may unsettle environment foes, researcher says

If there are any questions about why Leona Aglukkaq, an Inuk from Nunavut, was chosen to lead Environment Canada, the Prime Minister's Office is eager to dispel them.

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to *The Globe and Mail*.

One researcher said environmental activists are likely to be "disoriented" by having to face down an Innu woman, at least in the short term.

THE CANADIAN PRESS



Charge it! That could cost you

Credit cards. Decision in Visa, MasterCard complaint may mean those with 'premium' cards could pay more, be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether

rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a for-

Cost of doing business

2.65%

For merchants, credit card interchange fees range from a low of 1.54 per cent for accepting a basic card to as high as 2.65 per cent for 'premium' cards that offer cardholders travel points or other incentives. Consumers could soon face retailer surcharges for using premium cards, warns the Canadian Bankers Association.

mal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour. **THE CANADIAN PRESS**



Sweet as a Georgia ... blueberry?

What is the most valuable fruit crop produced in the Peach State? While Georgia is famous as a major producer of the peach, with the image appearing on state licence plates, "Welcome to Georgia" billboards and road signs, blueberries are Georgia's most lucrative fruit crop. Blueberries generated an estimated \$94 million for Georgia growers in 2012, compared to a \$30 million peach crop, says the U.S. Department of Agriculture. **JAIME HENRY-WHITE/THE ASSOCIATED PRESS**

Bottling facility

Coca-Cola strike ends after 3 weeks

Production will resume at a Coca-Cola bottling facility in Brampton, Ont., on Monday, ending a three-week strike at the company's largest Canadian plant.

A spokesman for the Canadian Auto Workers says a new three-year deal for 700 union workers was approved by a strong majority.

Jerry Dias says pension benefits and concerns over outsourcing were the biggest issues that have now been resolved in the new agreement.

THE CANADIAN PRESS

Halifax. Push by baristas to unionize could spread across Canada, leader says

Coffee shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said David Doorey, a professor of labour and employment law at York University in Toronto in an email.

"It is a highly competitive

Young workers uniting

"I've been taking calls from ... across the country who've been following this trend in Halifax ... looking at it as a model for talking to young workers in other cities."

Tony Tracy, Atlantic representative for the Canadian Labour Congress

industry, and employers believe unionization will pose a threat to their profit margins."

THE CANADIAN PRESS

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MINIMUM WAGE A NO-BRAINER

The Ontario Liberals have finally made good on their pledge to look at the province's minimum wage. The party took the first major step in that process last week: appointing a six-member Minimum Wage Advisory Panel.

The aim is to "examine the current minimum wage policy and provide advice on how Ontario should determine the minimum wage in the future." The panel plans to hold public consultations with business and labour groups, workers, and academics across Ontario, and also take a look at what other provinces are doing to calculate their minimum wage.

They expect to have a report in six months.

It sounds like an awful lot of work — and time — to arrive at the obvious: too many workers across the province, and certainly in London, are having trouble making ends meet. And a big reason why? A minimum wage that is simply too low. Despite increases in cost of living (food, rent, transit), the minimum wage has remained frozen at \$10.25 for



URBAN COMPASS
Todd Devlin
london@metronews.ca

over three years.

Not to worry, the panel says it will be examining inflation. In fact, chair Anil Verma, a professor at the University of Toronto's Rotman School of Management, says the group will be considering other important factors as well, including economic growth and job productivity.

Fighting poverty, in other words, is low on the list. "(Minimum wage) is not a comprehensive tool to address poverty," Verma said. "The government has other tools to address poverty, including taxes and income supplements."

If you're someone living in poverty, or you're someone who cares about those living in poverty, that's a head-shaking statement and a sure sign that we shouldn't hold our breath on the Liberals'

Minimum Wage Advisory Council helping out the individuals who need it most. The reality is that minimum wage can surely be a comprehensive tool to address poverty. It's not rocket science. Raise the minimum wage to a figure that pulls people above the

poverty line, and you've got yourself a pretty comprehensive poverty-fighting solution.

As it stands, Ontario's minimum wage falls below what is termed a 'living wage,' the minimum amount necessary for an individual to meet his/her basic needs, like shelter, clothing and food. No one working full-time hours should fall below the poverty line, especially in a country as prosperous as ours. The argument against a raise in minimum wage is the negative repercussions it has on small businesses on tight budgets. And it's true, they're often forced to either lay off workers or see a hit to their bottom line.

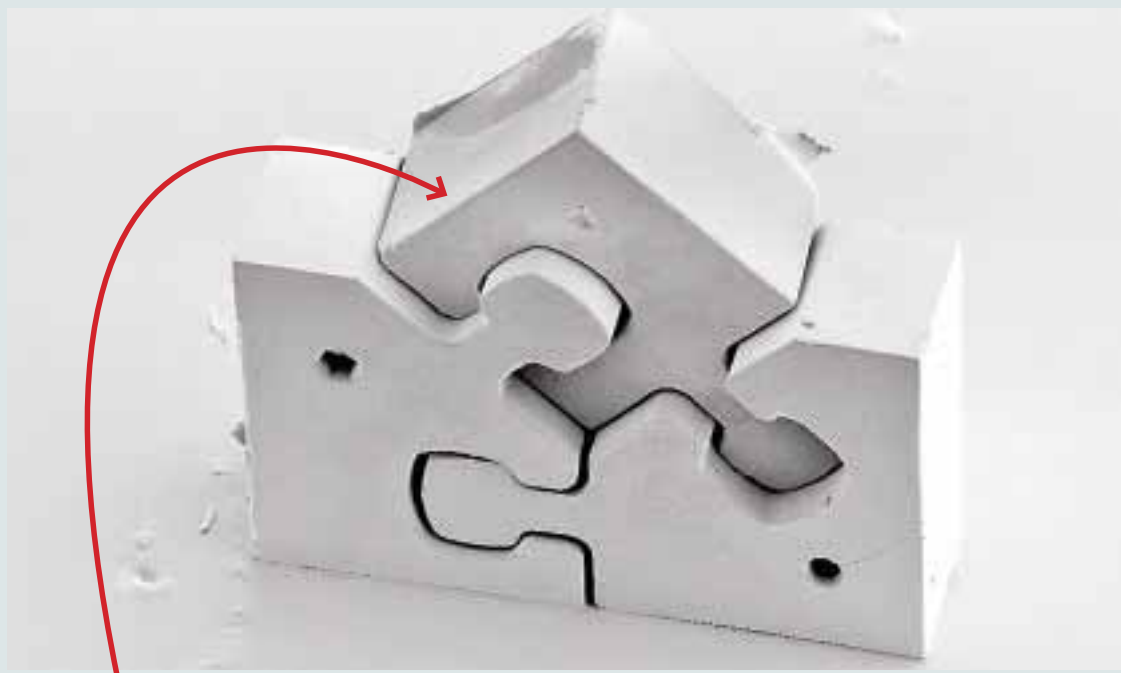
So then why not a two-tiered minimum wage? One rate for small businesses and one rate for corporations. Once a business reaches a specific revenue cutoff, they're required to pay the higher of the minimum wages, say \$15 an hour. This idea will surely garner screams of socialism, despite the fact large corporations making a killing are paying a pittance to their front-line employees. Call it whatever you want. But I call it common sense.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

We're left puzzled by its size



JOCHEN HENKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle,

with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Without the need for a substrate layer that would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Henka of KIT's Institute of Microstructure Technology.
METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?



Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on

your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It sounds a little high-concept, but it works beautifully. (iOS/\$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrid" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked

him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.
Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN



Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry

Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2.

Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say



NED EHRBAR
Metro World News in Hollywood

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?

I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an

overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?

I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once

they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?

Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new

thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?

I don't know. I think I'll let him have that one.

127 Hours?

Yeah, sure. Something like that. That would be fun.



Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with \$41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with \$25 million. Fox's new animated offering, Turbo, opened with \$21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning \$20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with \$18.5 million. The weekend's other new big release, the Jeff Bridges-Ryan Reynolds caper R.I.P.D., opened with a disappointing \$12.76 million.

THE ASSOCIATED PRESS

Pegg's at war with himself over 'Star' franchises



Simon Pegg. HANDOUT

Much like Tim, the comic book geek he played on his British comedy series Spaced, Simon Pegg was clearly less than thrilled by the Star Wars prequels. Now that the franchise is being revived by his Star Trek boss, J.J. Abrams, Pegg admits he's feeling a bit conflicted.

"I had mixed emotions when I found out that J.J. was

doing Star Wars," he tells us while promoting the World's End at San Diego Comic-Con. "My first thought was, 'Oh no, Dad's had another baby. It's like we're not the cute kid anymore, he's going to be playing with the baby now.' And then secondly I was like, 'Geez, it's going to be good. I'm going to have to like it again now.' I'd

just gotten used to being OK with hating Star Wars, and now it's like, 'Oh no, I'm going to have to like it again!'"

As for his work with Abrams on that other science fiction franchise, Pegg has some interesting ideas about what adventures his character, Scotty, could have in a third Star Trek film — and co-star Zachary

Quinto, who plays Spock, better watch his back.

More than anything, Pegg wants Scotty to "make out with Uhura," played by Zoe Saldana. "I'd like one of those arena-style fights with Spock, get a big kiss off Zoe. But inevitably, Zach would beat the s— out of me, as a lowly Scottish engineer," he says with a laugh. MWN



Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the

"especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again



STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drugmart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band Korn is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly



spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that Kris-

ten Stewart is now dating Michael Pitt. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some \$2 million for an eight-part reality series on Oprah's OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be Lindsay Lohan's Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a \$125 plain white T-shirt. "That's so cute. For an amateur," says Gwyneth Paltrow and goes back to the promotional material for her upcoming \$70-tube sock collection.



Jesse Tyler Ferguson

Keeping that family modern

Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

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club metro

Mother and sun

Protect yourself from being too hot a "hot mama"



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms

are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropri-

ate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."



Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.



Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay

Study

Joanne Loewy led a study published last month in the journal *Pediatrics*. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that



Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it

makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy

was even featured on a recent episode of *American Idol*, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore



A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour

mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fab-

ric: This is your first print.

4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

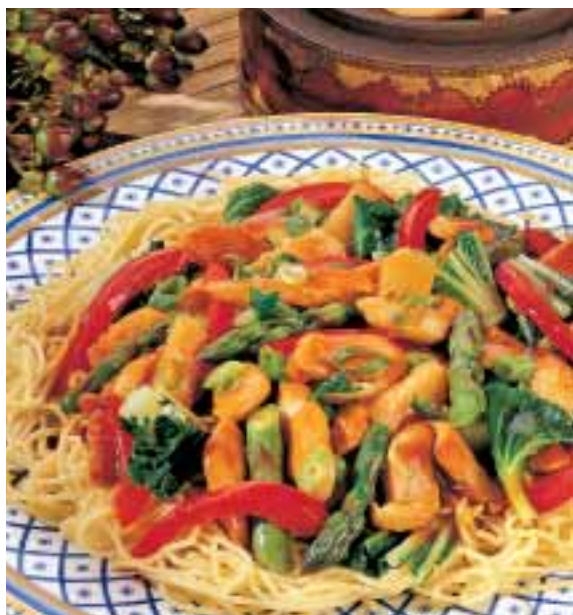
5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

3 LIFE

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce

Ingredients

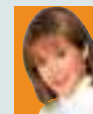
- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

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Dinner. Corn and Chicken Chowder with Tortilla Strips



Ingredients

- 3 6-inch corn tortillas
- 2 tsp ground cumin
- 1/2 teaspoon chili powder
- Kosher salt
- 1 tbsp vegetable oil
- 1 cup finely chopped yellow onion
- 1/2 pound Yukon gold potatoes, cut into 1-inch cubes
- 2 cups fresh corn kernels
- 4 cups chicken broth
- 3 cups shredded chicken
- 1 cup store-bought salsa
- 1 to 2 tbsp lime juice
- Chopped fresh cilantro

spoon of cumin, chili powder and a pinch of salt. Sprinkle on tortillas.

3. Cut tortillas into thin strips. Bake on middle shelf of oven 6-8 minutes. Set aside to cool.

4. In a saucepan over medium, heat vegetable oil. Add onion and cook, stirring, about 5 minutes. Add remaining 1 1/2 teaspoons cumin and cook, stirring, for 1 minute.

5. Add potatoes, corn and broth, bring to boil and simmer 15 minutes. Transfer 1 1/2 cups mixture to blender and blend until smooth. Return to saucepan, add chicken and salsa and cook until heated through. Add salt and lime juice, to taste.

6. Divide between 4 bowls. Garnish each with tortilla strips and cilantro. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

1. Heat oven to 400 F. Arrange tortillas on a baking sheet and mist with cooking spray.
2. In bowl, combine 1/2 tea-

Access your inner Colonel with celebrity-chef-grade chicken



Inspired by a recipe by celebrity chef Tyler Florence's, this is a great fried chicken to make for yourself at home, just in case you're unable to make it out to Florence's restaurant any time soon. **MATTHEW MEAD/THE ASSOCIATED PRESS**

1. To poach the chicken, in a large saucepan, combine broth, rosemary, peppercorns and salt. Bring to a bare simmer, then add chicken thighs. Return to a simmer, then cover and cook for 15 to 20 minutes, or until the meat reaches 165 F.

2. Meanwhile, in a food processor, combine flour, sage, rosemary, garlic powder, thyme, salt and pepper. Process until seasonings are finely ground. Transfer mixture to a gallon-size plastic bag. Place panko in a second gallon-size plastic bag.

3. Once chicken has finished poaching, transfer thighs to a cutting board. Let cool until easily handled, then pat dry.

4. Place buttermilk in a wide, shallow bowl and beaten eggs in another similar bowl.

5. One at a time, soak each thigh briefly in buttermilk then remove, shaking off excess, and place in bag with flour mixture. Gently shake to coat. Remove thigh from mixture, then dredge through eggs. Remove thigh, shaking off excess, then place in bag with panko. Gently shake to coat.

6. Set breaded chicken thigh on a rimmed baking sheet. Repeat with remaining thighs.

7. When ready to fry, heat oil in a large, deep saucepan over medium-high heat to 400 F. You'll need an instant thermometer to monitor the temperature. Heat oven to 200 F. Once oil reaches temperature, carefully set 2 thighs into the oil at a time and cook, turning once, for 10 to 15 seconds, or

Ingredients

- 6 cups chicken broth
- 3 sprigs fresh rosemary
- 1 tbsp lightly crushed black peppercorns
- 1/2 tsp kosher salt
- 3 lbs boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 12 fresh sage leaves
- 2 large sprigs fresh rosemary
- 1 tsp garlic powder
- 2 tbsp chopped fresh thyme
- 2 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 cups panko breadcrumbs
- 1 cup buttermilk
- 3 eggs, beaten with 1 tablespoon water
- 1 qt peanut oil

until golden brown. Use tongs to transfer fried chicken to a clean rimmed baking sheet and set in the oven to keep warm.

8. Allow the oil to return to 400 F, then continue cooking the chicken in batches.

THE ASSOCIATED PRESS

Get on the brandwagon

Things just got personal. Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no foolproof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trustworthy puts you on the right track as these are all qualities of a solid, hireable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa.

With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how

Baby remember my name

"It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

to create and maintain a strong professional brand that will ensure their future successes.

Be a lifelong learner

An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a life-

long pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

Start networking

Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand

Don't cripple your professional brand with an unprofessional online presence. Employers use LinkedIn, Facebook and Google, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

have outgrown.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation. Learn how you can do more with your career and the diverse opportunities that are available to you.

NEWS CANADA



How can you stand in a class of your own? By being authentic, being yourself and creating a brand that reflects the real you. ISTOCK

Mind your body and your business

All work, no walk, makes Jack a sick boy. Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes

Staring at a computer screen all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.



If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. ISTOCK

Talk in person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sit-

ting at a desk without affecting productivity.

Stand up for phone calls

If you do have to use the phone, stand up any time you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

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Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66, Sunday, in Gullane, Scotland. The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

Lefty laughs last

British Open.

Mickelson rallies late in final round to capture Claret Jug

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today, I did." Phil Mickelson

past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accom-

plishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the claret jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th

hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

THE ASSOCIATED PRESS

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealt with doping suspicions off it.

Froome rode into Paris in style — in the canary yellow race leader's jersey he took on Stage 8 in the Pyrenees and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

As per tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations.

THE ASSOCIATED PRESS

MLB

A-Rod to have MRI on injured quad

The Yankees say Alex Rodriguez is expected to have an MRI on his injured left quadriceps at a New York hospital on Sunday.

Rodriguez played designated hitter on Saturday in a minor-league game after feeling tightness in the thigh muscle. He has been rehabbing from surgery in January on his left hip.

The third baseman reached his 20-day rehab limit on Sunday. If the Yankees don't activate him, Rodriguez will have to go back on the DL.

THE ASSOCIATED PRESS

Rays good on aim with Jays and dustpan



Luke Scott of the Rays beats the tag of the Jays' Jose Reyes to steal second base on Sunday in Toronto. The Rays won 4-3. TOM SZCZERBOWSKI/GETTY IMAGES

Luke Scott and Kelly Johnson hit back-to-back home runs Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but Rays closer Fernando Rodney struck out Jose Bautista

Getting to the next level

Carlos Delgado was inducted into the Blue Jays' Level of Excellence at Rogers Centre prior to Sunday's game.

- He is the franchise leader in a number of offensive categories including home runs (336) and RBIs (1,058).

and got a ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save.

Rays starter Chris Archer (5-3) had a stellar outing for Tampa Bay, giving up one run on five hits over seven innings. The 23-year-old right-hander also walked four and struck out one batter for the Rays, who have now won five straight games, 13 of their last 14 and 17 of 19 to climb into second place in the AL East. R.A. Dickey (8-11) gave up four runs on seven hits while striking out eight over six innings of work for the Blue Jays (45-52), whose losing streak now sits at four games.

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus

April 21 - May 21

Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini

May 22 - June 21

You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer

June 22 - July 23

You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo

July 24 - Aug. 23

You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo

Aug. 24 - Sept. 23

Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra

Sept. 24 - Oct. 23

Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio

Oct. 24 - Nov. 22

Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius

Nov. 23 - Dec. 21

Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn

Dec. 22 - Jan. 20

You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius

Jan. 21 - Feb. 19

You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

♓ Pisces

Feb. 20 - March 20

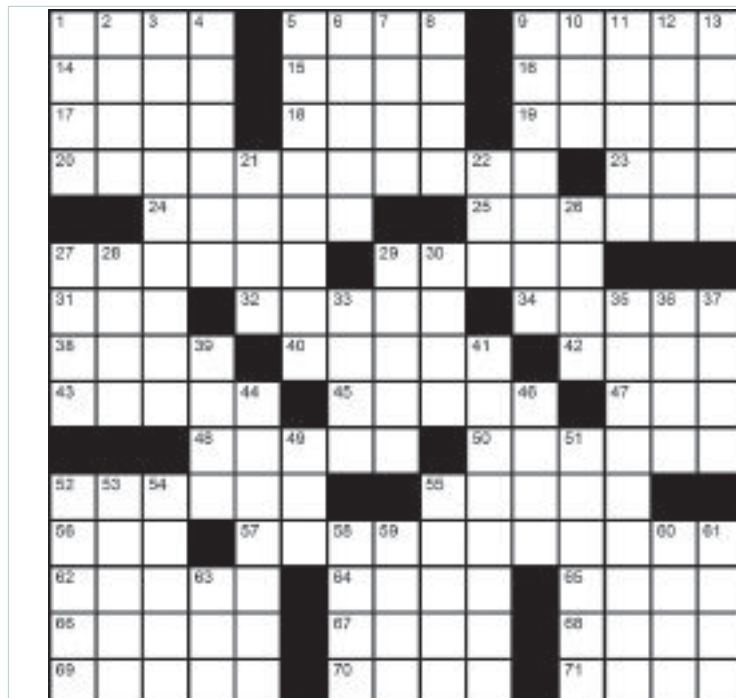
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Family members, for short
- Men's cologne brand
- Rideau ____
- Miss
- Taken-back vehicle
- Psychedelic psychologist Timothy
- Roman love god
- Capital of Samoa
- "It's ____!" (There's meaning)
- 1986 Bangles hit: 2 wds.
- Maria Trapp connector
- Go with the flow
- Pressure
- Mr. De Niro
- Lake ____ (American resort)
- Mr. Philips of stand-up
- Cherished
- Janet Jackson hit
- Irish songstress
- Google mobile device brand
- Cookies company
- Whitney Houston's "____ We Almost Have It All"
- Illegally lift
- PBS funding org.
- Garbs for bag-pipers
- Heavy or sluggish
- ____ Beach, ON
- Flavourless
- Classic TV Cousin
- Manitoba com-



- munity originally an HBC trading post: 2 wds.
- Haida ____ (Archipelago off BC's coast)
 - "Downton Abbey" role
 - Barge ____ (Intrude)
 - Undergarments brand

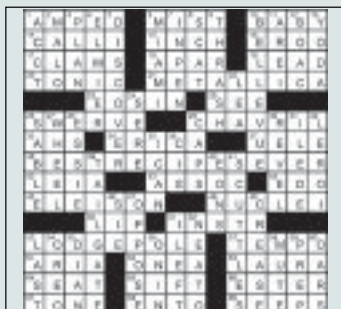
- Elvis Presley link, variantly
- Tidy
- Stuff for Oscar's can
- Actress, Sherilyn ____
- Cook's li'l quantities

Down

- Wander
- Ex-Spice Girl Ms. Bunton
- Canada's 'First Lady of the Guitar': 2 wds.
- Footstep
- 'Flower City' in the Greater Toronto Area
- Get the plant a new container
- ____ the air (Undecided): 2 wds.
- It's an amphibian
- Canadian Music Hall of Famer, David ____-Thomas
- Bronze Roman money
- Gullible
- T.O. players
- Ms. Redgrave's

- Poet Mr. Sand-burg
- Hair hue, ____ blonde
- Try for a role
- Oliver of "Oliver!" (1968)
- Dodge car of yore
- Communicates via smartphone
- ____ (Together, in music)
- Suit garment
- SK's Athabasca ____ Provincial Park
- Oxygen-giver
- Bring forth a lamb
- "Diana" singer Paul
- Salvation Army, colloquially: 2 wds.
- Community on PEI's northwestern tip
- Donnie Iris song: "Ah! ____!"
- Philosopher, ____-tzu
- Sprinkle with holy oil
- English Channel sight, Isle of ____
- Battling: 2 wds.
- Ms. Katic, Hamilton-born actress
- Tycoon
- Mil. fliers
- Had on
- Suds stuff
- Tree-like Tolkien creatures
- Y-ending word's plural suffix

Friday's Crossword

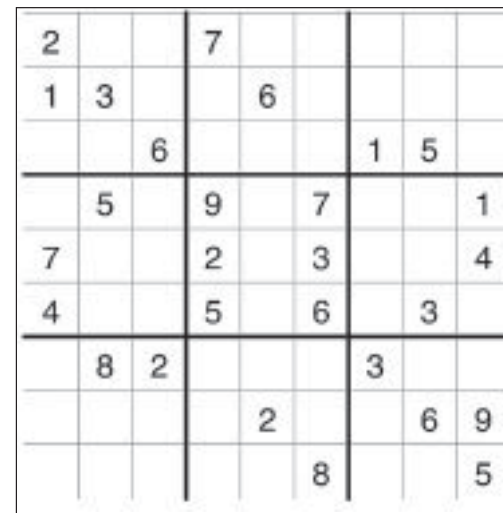


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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Tuesday 27°/15° Thunderstorms 70%
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